

HOW TO COPE WITH YOUR PICKY EATER

A picky eater will eat just a few foods and does not want to try new foods.

Almost every child goes through a stage like this. It is not easy for the parents.

What Makes A Child Picky?

Every child is different. Some like the extra attention they get by being picky. Others are going through an independent stage, around 2 years old. Some really do hate the taste of certain foods.

Will Your Child Outgrow This?

Yes, your child will probably eat just about everything soon. So try to relax about this.

- ★ Do **your** job of providing healthy foods at regular meals and snack times.
- ★ Let your child do his/her job – eating – without too much pressure.

What Can You Do?

- ✓ **Expect** that your child will use food to try to get some control over his/her world. Expect some battles. Try not to be too strict or too easy.
- ✓ **Expect** children to eat small amounts of food. Are they growing well? That is the real test.
- ✓ **Expect** children to want candy, chips and sweet drinks instead of healthy food and milk. You must set limits and make rules. It's part of your job.
- ✓ **Expect** your child to be almost too busy to eat from about 2 to 4 years old. Do things to slow them down before meals. Try a story or quiet time.
- ✓ Let your child see a new food a few times. Then see if you can get them to taste it, even if they don't swallow it.
- ✓ Serve a very small amount of a new food next to a favorite food.

What Not To Do

- ✓ Don't make eating into a battle.
- ✓ Don't beg your child to eat.
- ✓ Don't threaten your child if he or she doesn't eat.
- ✓ Don't bribe your child to eat.
- ✓ Don't jump up and cook something else to get your child to eat.

Ask to talk to a dietitian or nurse for more ideas.



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